

Silver City Food Co-op *It's MAD!* Garbanzo Gazette

Volume 19

❖ Your Monthly Newsletter ❖ November 2019

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

LOOK INSIDE!

• highlights •

- Page 2 - *From the General Manager*
Page 3 - *MAD!*
Page 4 - *Kitchen Meditations*
Page 5 - *Produce & Dairy Picks*
Page 6 & 7 - *Co-op Community*
Page 8 & 9 - *HABA Producers*
Page 11 - *Planting Seeds?*
Page 12 & 13 - *Bulk Weigh-In*
Page 15 - *From Your Board*
Page 16 - *Members Only Sales*



**YOU
ARE
WHAT
YOU
EAT**

Silver City Farmers' Market Continues Into the Winter

The Silver City Farmers' Market will continue to operate into the Winter months this year! Your support of the Farmers' Market helps sustain a robust local economy, keeping dollars right here in our region. The Winter Market runs on Saturdays from 10-1 at 907 N. Pope St. in downtown Silver City. The Silver City Farmers' Market is a proud participant in the Double Up Food Bucks program. EBT card holders get double the produce! See www.silvercityfarmersmarket.info for more information.

New Truck Delivery Schedule

Beginning in November, the Co-op will experience a change in our UNFI truck delivery schedule. As you may know, our main, non-produce deliveries come in on Saturday mornings and Tuesday mornings. Beginning this month our Tuesday morning truck will now arrive on Wednesday afternoon. It will be a bit of a transition for us, and we hope to insure that our shelves remain stocked. Bear with us as we get used to a new schedule, and please, as always, just let us know if there's something you can't find. We're always happy to check in the back!

It's Turkey Time!

Did you know that you can pre-order your turkeys for the holidays? The Co-op is proud to again offer Mary's Organic Turkeys at a special price of \$3.99 per pound. Turkeys are available in four categories: Small (8-12 lbs.), Medium (13-16 lbs.), Large (17-20 lbs.), and Extra Large (20-24 lbs.) Turkey pre-orders must be made in-person and require a \$10 deposit at the time of order. They'll be available for pick-up beginning 11/21. Placing a special order for your turkey ahead of time helps us insure that we have enough for everybody! See a cashier to place your holiday turkey order Today!

We're Happy to Help Carry Your Groceries!

We know that parking at the Co-op can be a challenge, and we're happy to help carry your load! Ask any of us and we'll gladly offer carry-out assistance for your purchases. As a reminder: If you can't find a parking spot at the Co-op or on Bullard St., there is additional parking available in the Municipal lot at the corner of Texas and Kelly, or in the parking lot next to the A-Space Gallery just two blocks North of the Co-op.

New Coffee Bin Sponsorship Program

Our Bulk Buyer, Evan Humphrey has an excellent idea to update and expand our Bulk Coffee bins and offerings. He's worked with local suppliers and Co-op staff to get this program rolling, but there's more to be done! Check out his article on pages 12 and 13 for an explanation of his idea and see how you can help increase the quality and amount of our coffee selection. Many hands make light work!!!



Member Appreciation Days (MAD) are Back.

Member Appreciation Days are upon us again! Co-op members will receive a 10% discount on two shopping trips of your choice between November 1st and December 31st.

Round-Up Application Period has Closed

Thanks to all of the organizations who applied to be a part of the Silver City Food Co-op's Round Up program for 2020. The Co-op's Member Connect committee will be reviewing applications to decide next year's recipients. We look forward to offering this wonderful program again in 2020. When you make a purchase at the Co-op you can choose to round up your total to the next dollar amount to add a donation to a different organization each month. This program generates more than \$1000 each month for recipients.

\$20 in 2020

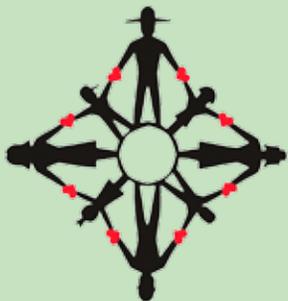
Don't forget: Our equity payment structure will be increasing from our current \$10 annual payment to \$20 annually beginning on January 1, 2020.



2112 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

575.388.2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Vision Statement

Promoting the inherently healthy relationship between food, community, and nature.

Seven Cooperative Principles

- Voluntary and open membership
 - Democratic member control
- Member economic participation
 - Autonomy and independence
- Education, training and information
 - Cooperation among co-ops
 - Concern for community

Garland McQueen

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Susan Van Auken

Staff Writers: Judith Kenney

Evan Humphrey

Layout & Design: Carol Ann Young

Proofreaders: Jenny Morgan

Eric Brown

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

©2019 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

Things Are Brewing at the Co-op

*By Garland McQueen
General Manager*



Garland loves goats!

It is that time of year when evenings and mornings are crisp, but the days can still get warm. I think this is the perfect weather. In the course of my job, I have had the opportunity to go through the fall season in every region of the country and I must state that I think the Southwest offers the best autumn.

Speaking of fall, we are gearing up to head into our holidays at your Co-op. This is a special time of year for us as we are helping people to prepare for this season with family and friends, whether it is watching a game, having a vegan breakfast, or sitting down to a massive turkey dinner with more side dishes than any human could possibly eat. We are glad to be a small part of your holiday experience.

While on the subject of turkeys (the feathered kind), we are offering organic turkeys in a variety of sizes at \$3.99 per pound. We will begin accepting pre-orders on October 29, so be sure to get your order in on time. If you forget, someone will be in a “fowl” mood! You will also find everything else that you’ll need to cook the consummate Thanksgiving or Christmas dinner. You might want to purchase your goodies early as it may be congested in the store, and we will

be closed Thanksgiving day to allow your Co-op staff to enjoy the holiday.

As interim manager, I’ve jumped in with both feet at the Silver City Food Co-op. There is a lot to do, both on a daily basis, dealing with the everyday workings of the business, and getting to work on the bigger projects that I’ve been tasked with by our Board of Directors. Of utmost importance is to make sure that the business continues to remain in good shape and running smoothly. Working as part of the search committee for a permanent general manager is a crucial part of my position here, as is the task of determining the financial feasibility of the Co-op’s possible relocation to our building at 907 Pope Street. Additionally, I am fulfilling the duties of project manager for the preliminary operations that might lead up to a move. This includes determining the cost of architect’s fees, architectural plans, equipment, building demolition, etc. so that we can move forward to the next chapter of the Co-op’s life, whether we take the plunge or remain here at our already great location at 520 N. Bullard Street.

See y’all at the Co-op!



It's MAD!

Member Appreciation Days

Nov/Dec
any 2 days
of your choice
to save 10%



25% Maximum Discount
(excludes mark-down items,
Thanksgiving & Christmas turkeys)

Silver City Food Co-op Staff

Judith Kenney
outreach/GG/produce

Dougan Hales
produce/bulk

Kate Stansberger
supplement buyer

Jake Sipko
produce manager

Carol Ann Young
office/GG

Jeanné Miller
herb buyer/produce

Becky Carr
dairy buyer

Jess DeMoss
POS manager

Misha Engel
frozen buyer

Jenny Morgan
office

Marguerite Bellringer
finance manager

Kim Barton
POS

Michael Sauber
grocery

Doug Smith
grocery buyer

Evan Humphrey
bulk buyer

Lee Ann Miller
cashier

Brenna Brown
deli manager



Tinisha Rodriguez
HABA buyer/POS

Mike Madigan
am

Leah Chastain
merch. specialist/receiver

Marchelle Smith
deli

Joy Kilpatrick
produce

Elysha Montoya
wherever needed

Judy Kenneally
deli

Christine Dalmedo
produce/grocery

Hina Rainbowchild
wherever needed

Annabella Gomez
wherever needed

Melissa Yarbrough
wherever needed

Tuan Tran
wherever needed

Clorissa Holguin
wherever needed

Eric Brown
wherever needed

Ajalaa Claussen
wherever needed

Jeremy Devenny
wherever needed

Garland McQueen
gm

Karmin Hoffman
deli

Kitchen Meditations

Fall

Gouda Mac & Cheese

- 6 ounces gluten-free or regular macaroni
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons gluten-free or regular flour
- 1 1/2 cups milk
- 4 ounces Gouda cheese, shredded
- 2 ounces mozzarella cheese, shredded
- 2 cups packed, shredded spinach

Preheat the oven to 375°F. Bring a pot of water to a boil and cook pasta according to directions (make sure you don't overcook the pasta!).

In a saucepan, melt the butter and add the minced garlic, salt, and pepper over medium-low heat. Cook until the garlic is fragrant, just 60 seconds. Add the flour and cook, stirring, for another minute. Stir in milk and heat until thickened, 5 to 6 minutes. Remove from the heat and add half (3 ounces) of the cheese.

In a 9 x 9-inch baking dish, combine the pasta with spinach then pour the cheese sauce over, stirring until well combined. Top with the remaining half of the cheese. Bake for 35-40 minutes, until the cheese is bubbling and golden brown on top.

Roasted Delicata Squash with Turmeric

Ingredients:

- 1 1/2 tablespoons olive oil
- 2 delicata squash, about 14 oz. each, washed and dried
- Salt to taste
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- Fresh black pepper to taste
- Chopped fresh cilantro or parsley for garnish

Instructions:

Preheat oven to 425°.

Lightly oil a baking sheet

Slice the squash in half, lengthwise, and scoop out the seeds. Slice the halves into 1/4 inch thick slices (half circles) and place them in a large bowl.

Drizzle the olive oil, salt, turmeric, garlic powder and black pepper over squash and toss well. Lay flat on baking sheet and bake until golden brown, about 10-14 minutes on each side. Be sure to keep an eye on them to keep from burning. Remove from oven and serve, topped with fresh cilantro or parsley.



How to Roast Pumpkin

Makes 4 (1 cup servings)

Ingredients:

- 1 (2-3 lb.) sugar pie pumpkin
- 1 Tbsp. oil (coconut, avocado, olive, etc.)
- 1 pinch salt

Instructions:

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Using a sharp knife, cut pumpkin in half lengthwise. Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings.

Brush the pumpkin flesh with oil and place flesh down on parchment paper. Pierce skin a few times with a fork or knife to let steam escape.

Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from oven and let cool for 10 minutes. Scoop out the flesh to use in your chosen recipe.

To puree, whiz in a blender or food processor until creamy and smooth.

This will keep covered in the fridge up to 1 week or in the freezer for 1 month.

**Enjoy straight out of the oven or in place of canned pumpkin in soups, casseroles, risotto, pies and more!*

Talk About Herbs

Organic Pumpkin Pie Spice from Frontier Co-op

Ingredients: *Organic cinnamon, organic ginger, organic nutmeg, organic cloves*

It's that time of year when cooks everywhere begin to consider all things pumpkin. The Co-op carries a pumpkin pie spice to help you indulge that fancy. Use this rich blend for pumpkin pies worthy of thanks year round. Don't stop at pies, though. This classic blend of spices enhances many desserts and a few savory dishes, too. Use Pumpkin Pie Spice to flavor your favorite fall pies, breads, cookies, and cakes. You can also use it to spice up your whipped cream, yogurt, lattes, oatmeal, or roasted fall veggies. It's a great spice to have on hand during the chilly fall months to give your favorite dishes a warm and cozy spin.

Frontier Co-op has been a member-owned cooperative supporting natural living since 1976, owned by stores and other organizations that buy and sell their products. It began as a two-person operation in a river cabin in Eastern Iowa. Growing steadily through the years, Frontier has become a major supplier to the natural foods industry. The Silver City Food Co-op offers a wide selection of Frontier's highest-quality teas, herbs and spices in our bulk herbs section. Remember, you can buy as little or as much as you like!

Jake's November Produce Picks

Sugar Pie Pumpkins

Pumpkins are one of the earliest cultivated foods of the western hemisphere. Over 9,000 years ago, the native peoples of North America were growing them, originally in the Oaxacan region. By 2700 B.C., they were part of the culinary traditions of people indigenous to the eastern area of what is now the United States. The pumpkin was held in high esteem as a food source for thousands of years.

Today, people the world over enjoy this member of the squash family. We are deep into autumn now and, in our corner of the world, thoughts turn to the pumpkin as a Halloween decoration and an ingredient in Thanksgiving desserts. If you plan on baking a pie this season, you may want to forego canned, pumpkin puree and try preparing your own completely from scratch. So read on!

Most Halloween variety pumpkins make great Jack-O-lanterns and are edible, but can be stringy and less than tasty. Sugar pie pumpkins, on the other hand, are the preferred pumpkin for pies. With their sweeter and mellow flesh, they are so nice for all your holiday baking. What's really great, though, is that these little beauties are equally excellent for savory dishes. Try stuffing and baking as you would an acorn squash. Slice into wedges and grill or cube and roast with an oil of your choosing for a yummy, comforting side dish. Cooked down, sugar pie pumpkins can be used to make gnocchi, chili, empanadas and curries. Bon Appetit!



*Sugar Pie Pumpkins!
Joy, Jeanné, Jake, Tinisha and Elysha*

Delicata Squash

This butter-colored, pinstriped squash is often passed over for other, more familiar squashes. What the heck is it? Is it edible or ornamental? It can be confusing. Delicata squash, also known as peanut squash, Bohemian squash or sweet potato squash, is favored for its edible skin. No peeling required. If you love butternut, delicata may be perfectly suited to your taste. It's attractive on your harvest table and delicious, as well, with creamy yellow flesh that's wonderfully sweet, so you don't need to add much to enjoy. Like other squash, it is quite versatile. It can be baked, steamed, oven roasted and sautéed. Additionally, it's nutritious, a great source of potassium and fiber and contains magnesium, manganese and vitamins C and B.



Becky's new cheese is gooda Gouda!

Becky's November Dairy Pick

Rembrandt Extra Aged Gouda Cheese

If you want a good aged, salty Gouda cheese, Rembrandt Extra Aged is the real deal. The flavor of Gouda cheese is affected by how long it is aged. The longer it takes, the sweeter and more intensely rich its flavor becomes. The texture also changes, becoming hard, crumbly and dense. Rembrandt is aged for over a year and, like other traditionally ripened Goudas, contains tiny protein crystals that make it slightly, delightfully crunchy. Made in the Netherlands by K.H De Jong, Rembrandt has a richly developed milky-caramel taste. Beyond the slight sharpness, its texture is smooth with occasional holes. If you like, pair Rembrandt Extra Aged Gouda with port wine and yeasty breads. Nuts, fruit and olives are equally delicious accompaniments. Try using it instead of crumbled parmesan in your favorite pasta dish, including mac and cheese.

Rembrandt • Members Only 20% OFF • October 30 - November 26

CO-OP Community

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

Food Pantry

Chicano Street Festival

WNMU Cheerleaders

Cliff Schools Fall Festival

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.



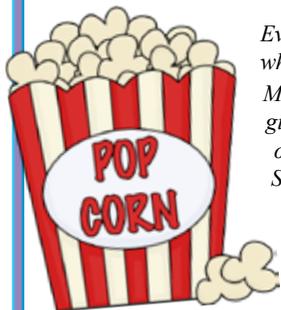
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their September service.

Karen Nakahihara • Mary Ann Finn • Bridget O'Leary
Frances Trotta • Ellen O'Bryan • John Tank
Kim Sweeney • Malika Crozier • Rebecca Summer
Joy Mathews • Lynda Schuh • Sue Childers
Tim Garner • Jane Papin • Logan Campbell



Popcorn Poppers Needed!



Ever notice how happy people are when you give them something?

Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op!

Shifts are:

9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Email Judith at judith@silvercityfoodcoop.coop

RAIN CHECK

Sorry we are out.
Lettuce make it up to you!



We now have rainchecks to give our member/owners and customers better service!

Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

Round Up for November

Silver Regional Sexual Assault Support Services

Silver Regional Sexual Assault Support Services (SRSASS) is a non-profit Rape Crisis Center established



in 2011. Located in the southwest region of New Mexico, providing services to survivors of sexual violence in Grant and Hidalgo Counties, the vision of this organization is a world in which all people are safe, valued and free from any form of violence and oppression.

September Round Up \$1381.85!

The Lotus Center

The September Round-up proceeds will go to fund Yoga in Public Schools ("YIPS"), a project of Lotus Center. The mission of YIPS is to bring secular yoga classes, as part of their Physical Education curriculum, to public schools in Grant County. YIPS is already underway for the 2019/20 school year, with yoga classes being taught at a number of different Grant County public schools, including Silver High School, Bayard Elementary, and Cliff Schools. YIPS is part of Lotus Center's community service program, and is provided at no cost to the schools or the students.



Round Up for December

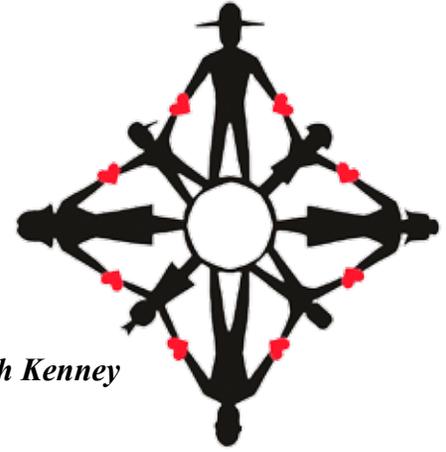
Expanding Your Horizons

EYH Network has been inspiring girls to recognize their potential and pursue opportunities in science, technology, engineering and mathematics since 1974. This wonderful organization holds conferences here in Silver City. When you round up, you contribute to opportunities for young women to become innovative and creative thinkers ready to help meet the challenges of the 21st century.

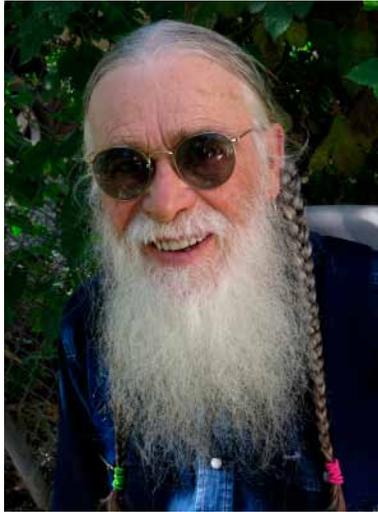


Hearts and Hands

Our Logo



by Judith Kenney



Dougan designed our logo in 2008.

The rich art of paper cutting has a personal connection for the Silver City Food Co-op. Have you noticed our “hearts and hands” logo, appearing on our website and other places around the store? This logo is based on a paper cut design by Dougan Hales, our very own skilled paper artist and long-time employee. Dougan began working with cardboard and paper when he was a stay-at-home dad with two young sons and found that he enjoyed making masks, toys and costumes for any number of boy-related pastimes. He found the process enjoyable, and so when the children no longer needed his skills as chief toy maker and designer extraordinaire, he continued to ply his scissors with any paper with possibilities that came into his possession. Today, he’s still going strong, creating stunningly handsome designs in the Japanese tradition of kirigami, which uses both folding and cutting as a technique. If you’d like to see Dougan’s work this season, it will be on display Thursday,

December 5, 5-9 p.m., at the Friends of Power and Light Press Holiday Market, (601 N. Bullard St.) and Saturday/Sunday, December 7 and 8, at the Silver City Holiday Market, Silver City Convention Center (3031 U.S. 180 East).



**Dougan
at work.
Paper cutting
as easy
as 1, 2, 3!**

A Short History of Paper Cutting

Paper cutting first appeared in China during the Han dynasty in the 4th century, after the invention of paper by the Chinese. Some have speculated that it has been practiced even longer, but these ancient pieces have been lost, owing to their extremely delicate nature, so we can’t be certain. Since those long-ago days, this intricate art form has become a global activity, beautifully interpreted by regional artists around the world. Just a few examples include Jianzhi from China, Kirigami from Japan, and paper cuts created by people for centuries from Jewish communities in Eastern Europe, North Africa and the Middle East.

People who live in the southwestern region of the U.S. may also be familiar with papel picado, the Mexican art of paper cutting. San Salvador Huixcolotla, in Puebla State, is considered to be the birthplace of papel picado. The town was founded by the Spaniards in 1539 as a tiny colony that grew into a small town where workers of the nearby haciendas built their houses. Puebla State was on the trade route that ran from the Philippines to Acapulco on the Pacific coast and then transported goods by land to Veracruz on the Gulf of Mexico and on to Spain. Among the supplies that stayed in the area was a fine colored paper made of silk that was intended to be made, among other things, into lamps and cut paper ornaments. Local people began using this delicate paper to make decorations and flags to decorate Day of the Dead altars, buildings and streets. Today, the tradition remains vitally alive, with the use of widely available tissue paper, extending to the entire country and abroad, as Mexican immigrants have carried it with them around the world.



From the Environs

• Local Producers of Health and Beauty Aids •

Taos Herb Company

Taos Herb Company was started in 1981 by brother and sister team Rob Hawley and Tina Hahn in Taos, New Mexico. We had a vision of crafting effective products from locally sourced medicinal herbs to serve the Southwest. Taos Herb Company now employs 15 dedicated workers and has been creating herbal products, including liquid single extracts, liquid compound formulas, salves, and body and hair care products for over 38 years, all of which are sold here in New Mexico and select locations nationwide. Additionally we provide essential oils and a wonderful selection of ceremonial sage, cedar, and other sacred herbal products.

Crafting high quality herbal products requires a continual supply of precious medicinal plants, so we go to great lengths to harvest plants from the wild in ways that encourage propagation and reseeding, protecting future populations and ensuring plentiful harvests. We also acquire herbs from organic and sustainable farms.

Yerba Hair Care is our line of hair care products created from local wild plants including Yerba de la Negrita (*Sphaeralcea* spp.) and Amole (*Yucca* spp.). Spanish explorers were given a secret by the ancient people of the American Southwest. Carrying only what they could on horseback, the luxuries of hair and body care products were not among the survival supplies in the New World. Imagine their delight when the Indian people of the Southwest gifted them with the secrets of their beautiful healthy hair. Those secrets are the wild herbs in Yerba de la Negrita and Yucca (Amole).

The story begins when our father, a pathologist and cardiologist who, in the course of his work with patients, became impressed by the traditional healers of northern New Mexico (called curanderas here) and their vast knowledge of herbal healing that was being passed down as oral tradition. Dad was concerned that this knowledge might be lost and was inspired to help us open Taos Herb Company, so we could continue to study medicinal herbs and learn from the rich local traditions of the Taos community. Thirty plus years later, we blend science with traditional wisdom, and our ongoing study of local and worldwide herbal traditions has given birth to a broad selection of unique and effective herbal medicines.

Rob can still be found in and around the mountains, teaching and practicing ethical and sustainable wildcrafting and leading Herb Walks every summer.

Tina continues studying alternative approaches to women's health and natural therapies to support autoimmune disorders.



Tina and Rob of Taos Herb Co.



Lisa Ross, creator of My Skin Feast, a line of consciously formulated personal care products

My Skin Feast

Lisa Ross at MySkinFeast.com creates a healthy line of personal and self-care solutions from her kitchen in Silver City. Every ingredient is carefully selected and each product is hand made in small batches. All products are consciously created with the intent to heal all who choose to use them, with a little Reiki added.

MySkinFeast products include the best soap in the universe, natural tooth paste (MouthMud!), amazing and powerful CBD salves, organic deodorants, and a variety of skin care solutions. Essential oils are included in most products to optimize wellness and make them smell divinely. Lisa emphasizes that “natural” to her means no chemicals, fragrances, mystery ingredients, or anything you won't recognize immediately upon reading the ingredients. Any internet search will explain effects such as hormonal disruption that preservatives and fragrances cause in adults and children.

Ross has a passion for helping people find healthy self-care products. Regulations for personal products are nearly nonexistent and the public is generally unaware that companies can use just about any ingredient, even unhealthy ones, that the average person trustingly puts onto her body or into his mouth. Just because a product is on a store's shelf does not mean it is good for us. Each of us can take responsibility to read ingredient lists and make positive choices for our families and ourselves.

According to Lisa: “I find it very exciting how so many people are becoming aware of the dangers associated with common ingredients in personal care products, and are looking for more conscious alternatives. People who use MySkinFeast products do so because they want to make better choices about what they put on and in their bodies. Yay!”

Lisa is currently experimenting with ozonating oils for herself and her customers: “The healing properties of ozonated oils are nearly beyond belief for skin health and wellness!” She recommends that we all investigate this exciting development.

MySkinFeast products are available online at MySkinFeast.com, at the Silver City Food Coop, and at the Farmer's Market throughout the Market season. Happy Healing!

Creosote Bush Salve



Candace Covington, harvesting the resinous leaves of a creosote bush for her salves.

Deep in the heart of a ranch sprawling across the foothills of the Chinati Mountains of west Texas, a stand of dark-green creosote bushes contrasts with the rocky landscape. The August weather is hot and dry, but these plants have some secret source of water. Candace Covington discovered them several years ago while helping with one of several archaeological digs on the ranch.

Covington, an Alpine resident, harvests the waxy leaves of these bushes to make Creosote Bush Salve, a concoction she first whipped up while working as a river guide in Terlingua. “Getting in and out of the Rio Grande every day and this harsh, dry environment gave the guides painful cracks on their heels and hands,” she says. “I made a large bowl of salve from locally available creosote bush and put it out in the boat house. The results were amazing. Cracks healed within days, and we had softer skin and happier boaters.”

Chemical sensitivities first sparked Covington’s interest in natural remedies and herbal medicines. The plants growing in the desert south of Alpine, her hometown, and a love for outdoor pursuits further fueled that interest. She spent years perfecting her recipe and researching different ingredients and techniques to make a salve as strong and potent as possible. The ingredients of her final product include grapeseed oil, creosote bush leaf, and beeswax (but no Vaseline). “I wanted it to be as dark, rich, concentrated and medicinal as possible,” she explains. “I finally stumbled upon a method that met my standards, that produces a dark green salve with a strong smell and so packed with creosote that it could heal a cut overnight.”

Covington doesn’t collect leaves from bushes near roads because they may have been exposed to run-off and vehicle exhaust. She instead relies on ranchers in the area who let her harvest on land where the bushes stay green year-round.

The most drought-tolerant perennial plant in North America, creosote grows abundantly in the Chihuahuan Desert and throughout the Southwest, including from the Edwards Plateau to the Rio Grande Plains in Texas. Some people call it greasewood or hediondilla. A bush can live at least two years without any water by shedding its leaves and even its branches, but typically the plant is an evergreen, with thick, green, resin-coated leaves that turn golden brown in dry seasons. The color of her salve depends on the color of the leaves, which is why Covington only harvests the green ones.

Creosote Bush Salve became a bona fide business in 2012. Her medicinal, healing salve is available in the HABA section of the SCFC.

The Super Salve Company

I was introduced to the plant world at the age of ten. My mother, Phyllis Hogan, would take my sister, DeeAnn, and me to the Gila River outside of Coolidge, Arizona, where we would search for medicinal plants. I remember that my favorite medicinal plant was Canaigre because it grew in deep, sandy soil and had giant tubers like a sweet potato.

During my childhood, I also spent a great deal of time visiting the Hopi and Navajo Reservations with my family. I especially liked going out with the Grandmothers to herd sheep and look for dye plants for their beautiful Navajo rugs. On the Hopi mesas, I attended Kachina dances and learned about plants used in basket making.

At the age of nineteen, I made a decision to apprentice in my mother’s herb store, the Winter Sun Trading Company, Inc., (an herb store and art gallery now in business for over 40 years) located in Flagstaff, Arizona. Working in the shop with her, I would hear the people come in and describe their problems. I listened carefully as she recommended herbs or the customers requested them. More and more, she trusted me to prepare mixtures for people.

After three years of increased knowledge, I felt I was ready to attend Michael Moore’s Southwest School of Botanical Medicine. In 1988, I graduated as a Clinical Herbologist. I was then promoted to manager at my mother’s shop and took the position of Vice President. I worked there for nine years, practicing the art of clinical herbology.



Denise Tracy McMahan, herbalist and founder of The Super Salve Company.

In 1990, my late husband, Randy Fabres (a Grand Canyon river guide), asked me to formulate a salve that would prevent and heal foot fungus, which debilitated a large portion of the crew and passengers on extended Grand Canyon river trips.

The results were amazing and the acceptance was universal. I could not keep this incredible salve in stock. Hence, The Super Salve Company was born.

Over the years, I have received thousands of letters from fans, praising the properties and purity of my products. I only use responsible sources of organically farmed herbs, oils, essential oils, butters and waxes.

The Super Salve Company’s goal is to produce the highest quality products with the finest ingredients

at a reasonable price, using only recyclable, earth-friendly packaging.

The Super Salve Company products are manufactured, packaged, and shipped directly from my factory (located near the ghost town of Mogollon, New Mexico) enabling the highest degree of quality control and quick response to orders from my customers. Word-of-mouth marketing remains our best avenue for sharing our products. We have found that this has created many long-term and devoted customers.

Thank you for considering The Super Salve Company product line for your skin care needs.

*Sincerely,
Denise Tracy McMahan*

*Look for more producers
in the December GG*

reorder Kids'

How do Wild Rabbits Keep Warm in Winter?

Rabbits don't hibernate in winter, but go about their lives pretty much the same as they do in the warmer months of the year. Because it's so cold, though, they spend a lot more time in their chosen sheltered places to stay warm, maybe in someone's garden shed, a thick tangle of trees or bushes, a hole in a tree or a secluded burrow. During summer our big-eared friends are able to feast on an abundance of green plants. When the weather turns cold, they will munch on twigs, fallen fruit, buds, bark, pine needles and any remaining greenery that they can find. As long as they have enough food to build up a layer of body fat, wild rabbits survive quite nicely as they develop a good, thick coat over the winter months and always seem to find places to shelter in the most bitter cold.



Volunteer Benefits!



**Why volunteer
at the SCFC?**

**It's a fantastic way to save money,
meet like-minded locals, and
learn about our products and the business.**

**For every three hours worked,
volunteers receive a voucher good for a
15% discount here at the Co-op.**

**Even better, when you use your voucher on
a *Member Appreciation Day (MAD)*,
you will get 25% off your total.**

Contact: judith@silvercityfoodcoop.coop

Planting Seeds?

Thoughts from a member-owner

By Susan Van Auken

Concerned about my impact on Mother Earth, I sometimes become nearly paralyzed as I consider a purchasing choice or wanting to throw something in the trash. Wondering what I can do to lessen my impact, nothing seems enough to me, and often the only way through a day is to ignore or deny the destructive impact of my personal choices and actions. Maybe you experience this same sort of paralysis and denial.

This past summer of huge fires in Alaska and the Amazon, massive storm events in the Bahamas and Houston, heat waves in Europe, and melting ice at both poles, has me questioning what we Americans have come to expect from life and how we are making our choices. I wonder whether the twentieth-century excitement over all the possibilities of more and more stuff and convenience is no longer possible, knowing now what we do about climate change. As we march through this twenty-first century, might our very way of life be in question? Might we need to change our expectations?

While waiting for policymakers to take action on the big issues to curb climate change, I think about practical actions I myself can take now. We all must eat, of course, and so I am moved to consider the food choices available. Might our co-op take a lead in questioning and possibly changing the food and food-delivery system established over many years? Although our co-op promotes organic and local foods, in many ways it mimics the standard grocery stores' offerings and supply-chain workings.

What the climate needs to avoid collapse is a contraction in humanity's use of resources; what our economic model demands to avoid collapse is unfettered expansion. Only one of these sets of rules can be changed, and it's not the laws of nature.

Naomi Klein

For thousands of years of human existence, people actively participated in their own food procurement – hunting and gathering, fishing and farming, and cooking. In the last one hundred years, however, corporations have taken over this function, so now food procurement means purchasing mostly ready-made food products that can conveniently stay on the shelves of the pantry, refrigerator, or freezer, until needed.

Although many believe that technology has an answer for everything, can it really create and deliver sustainably grown, healthy, real food? I propose that now is the time for some retro-thinking . . .

I imagine a future in which, returning to some aspects of the past, our actions will help to create a livable future. I imagine life without disposable plastic packaging, with relaxed regulations to encourage local food production, with people willing to forgo food convenience for planetary health, with an increase in local dairies and farms so food grows close to where it is eaten, and with a cultural change that rewards and values a return to cooking our food at home.

Can we, as a natural foods cooperative, actively question our way of doing business; can we determine whether the food we purchase and sell contributes to climate change; indeed, can we examine what we expect to find in our grocery stores? Can we question the complex regulations for food handling, preparation, and serving – those that limit local food production? As a cooperative business, can we create solutions to change our food system to help heal the earth?



Planting seeds often yields results.

In order to understand how food purchases at the co-op affect climate, there is much to consider: the amount and kind of packaging used, where the product was grown, how far it traveled to reach us – did it fly here, did it travel by boat, train and truck, did it come to us in a freezer container, how was it produced, and what does the corporation that produced it do to reverse its climate impact? Can we as a co-op help customers consider these details when purchasing food?

We cannot solve a crisis without treating it as a crisis. And if solutions within the system are so impossible to find, then maybe we should change the system itself.

Greta Thunberg

Could our co-op do something radical by carefully conceiving and considering bold moves to help curb our impact on climate change, support the youth climate activists' demands and the IPCC warnings, and perhaps act as if we really are in a climate crisis?

What I am suggesting we consider is overwhelming. Changing beliefs, habits, and expectations may seem impossible, but not changing, which might seem easier, really isn't the answer, is it?

Each of us individually changing our own tiny sphere provides a good start. Might a group of co-op members working together, or the co-op itself, have a greater influence? What actions can we take at this critical moment in history?

If you have a comment or idea please send them to me at susanvanauken@gilanet.com.

It's Time for New Bulk Coffee Bins!

By Evan Humphrey



"I aim to be as transparent with you as these new bins!"

Our existing polycarbonate coffee bins are over a decade old, very oily, extremely difficult to clean, not user friendly, and need to be replaced!

Unfortunately, I cannot upgrade the bins without also replacing the cabinet that houses them, due to the difference in sizes of the new bins. Thus far, this has prevented us from undertaking this project.

However, I believe I owe it to our customers, membership, and coffee suppliers to present this high quality coffee in the best possible way. Therefore, I plan to maximize the potential of our bulk coffee section through a joint effort among our coffee suppliers, customers, and SCFC. With this business plan, we all win!

I will be increasing the number of bulk coffee bins from 19 to 35. These bins will be housed by three separate cabinets. Solar Roast and Just Coffee Co-op will have dedicated cabinets for their roasts.

I am confident that I can pay for this project in under 20 months just from the increase in coffee sales alone with minimal impact to our store finances.

Benefits of Project:

- *New, air-tight, easy to clean, user friendly, BPA-free bins*
- *Expanded coffee selection (for example, I will be bringing Equal Exchange Decaf into a bulk bin as well as 10 bins for Just Coffee Co-op.)*
- *Less packaging and lower prices on previously packaged coffees*
- *Less waste from spillage (we clean up coffee spills just about every day and it adds up!)*
- *Less congestion. There will be two coffee grinders and more efficient bag storage.*
- *More attractive display with LED lighting!*
- *Cabinets can be arranged on an end-cap or in an aisle to allow flexibility in the event that we relocate the store.*



Here's How You Can Help!

And Get a Discount on Your Bulk Coffee Purchases

Cost Breakdown:

This project consists of three separate cabinets (2 smaller and 1 larger cabinet) as well as 35 new coffee bins. I have been provided a preliminary cost estimate on the cabinets by our craftsman Joe Vencill (who has built two custom cabinets for us already: energy chunk display and cashew butter stand), as well as a quote from Best Bins which I will summarize here:

Estimated Total Cost of 3 cabinets: $850 + 850 + 1800 = \$3500$

Estimated Total Cost of 35 "Best Bins" = \$3000

Estimated Cost of shipping 35 "Best Bins" via freight = \$415

Total estimated cost of project: \$6915

This may seem like a lot, and it is, but three of our coffee suppliers have generously agreed to cover \$4540 of the initial cost in the form of a low cost loan with 18 month terms. That leaves \$2375 left to finance and that's where YOU come in!

Member Donations and Discount Vouchers:

You are welcome to donate as little or as much as you please, but non-tax-deductible donations of \$100 or more will receive a 10% discount voucher valid for 18 months: from December 1, 2019 to June 1, 2021.

This discount voucher can be used as many times as you like, but only on bulk coffee. All you need to do is show your discount voucher to the cashier to get your discount. This discount can be stacked with other discounts such as the case discount and volunteer discount, but only up to a maximum of 25% applied at the register.

If an investor were to purchase about 5.5lbs of coffee per month at \$9.99/lb you will see that \$100 returned fully in the form of discounts on coffee. Any excess discounts gained could be considered interest on your investment!



How to Get Your Voucher:

Option 1: Please enclose your donation of \$100 or more in an envelope and write "Coffee Project" on the outside. You may give it to a cashier or to myself directly. Donations must be given in the form of cash or check. You must also include your name and contact information so that we can give you your discount voucher and keep track of your donation.

Option 2: You may give your one-time donation at the register via cash, check, or card. Your donation will be recorded by the cashier. We highly recommend saving your receipt.



*An approximation of
what our new cabinet will look like.
We'll have two grinders and three separate cabinets.*

Voucher Rules:

- You do not have to be a member to donate or to receive the discount voucher.
- It is your responsibility to show your discount voucher to your cashier so they can scan it in order to receive your discount on bulk coffee.
- Worn or lost vouchers *can* be replaced. Your name will be written on the voucher and we will keep a list of voucher recipients.
- The voucher is only valid through the dates written on your voucher: December 1, 2019 to June 1, 2021.
- Each individual donor may receive a maximum of one voucher with the exception of worn or lost vouchers.
- Only donations of \$100 will be given a voucher. **This donation must be a one-time payment.**
- Staff or board members are NOT eligible for a discount voucher but may still donate if they wish.
- Your donation will be used exclusively for this coffee project.

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

BULK Weigh-in

Lotus Center Proceeds

The Lotus Center will use proceeds from our Round Up program to fund Yoga in Public Schools (YIPS). Yoga has the potential to address a wide range of challenges in the lives of young people, both at school and at home. It's good for kids!

YIPS instructor Corri Broner and students from Jose Barrios Elementary School during a field trip to Lotus Center.



Halloween Week at the Co-op!





2 U From Your Board . . .

More Pope St. News

By Shanti Ceane
Board Secretary



While the Pope Street Project is still in the planning stages, it's been exciting to think about the progress that's been made and what's yet to come. The Pope Street Project Committee members continue to meet and plan for the next steps forward. With that in mind, it's time for an update to let you all know where we are in the planning process.

In this month of Thanksgiving, we're reflecting and thankful for the spring donation drive, the funds from which continue to help us focus and plan for a store remodel. With these generously donated funds, we've been able to hire an architect who, along with engineers, have inspected the building and proceeded with preliminary planning for the buildout. This preliminary planning was requested by the Pope Street Project Committee and the Board in order to develop a detailed cost estimate for the buildout.

A work session was held with several co-op staff members and the architect in order to draft a layout of the floor plan. This, for me, is the fun part! The basis of the plan was the member survey that was completed last year, and the priorities contained therein, and the hard work that the buyers and staff undertook to determine their ideal department sizes and displays. Where will the current departments be laid out in the new store? We'd love to have a staff break room that could also serve as a community meeting space with a plan for more community engagement and events. How can we improve on our current produce prep area, refrigeration and freezer space, receiving areas, etc? In essence; how do we make the most of the space that we're growing into? How do we design and move to a new location, but keep the warm and inviting feeling of our co-op that we all know and love? The message from staff, members, and the Board

has been loud and clear that this is a priority! With these priorities and questions in mind, a layout was drafted and provided to staff for comment.

We have since hired a grocery store expert that will review our preliminary layout for operational efficiencies, traffic flow, and feasibility. Upon approval of the layout a preliminary equipment list and fixture plan will be provided. Co-op staff will then be able to assign costs to the refrigeration equipment and fixture list, while at the same time determining which existing equipment and fixtures can be moved to the new location. These costs, when added to the store buildout estimates by the architect and engineers, will encompass our preliminary cost estimate for the project. This process is a huge step in the direction of making a go- or no-go decision on the project.

In other Pope Street news, the approval of the change to section 7.3 of the Bylaws, Disposition of Property, the Co-op can now rent or lease the Quonset Hut on the Pope Street site. This, too, is an exciting prospect. If you're interested in renting the space, or know of someone who might be, please don't hesitate to inquire at the Co-op.

We've received some great input on the project from members and staff and are always open to hear more and answer questions, with gratitude for our community.

*I awoke this morning with devout thanksgiving
for my friends, the old and the new.*

— Ralph Waldo Emerson



Garbanzo Gazette Guidelines for Article Submissions

1. All articles support our Mission and Values.
2. Articles are not intended to criticize other submissions. These will not be published.
3. Articles can discuss governmental issues that have the potential of impacting our food system, but not intended as support for any political party.
4. The Garbanzo Gazette is not intended as a letter to the editor or personal opinion piece, but as an education tool.
5. Letters may be edited for length and clarity.
6. All submissions must be written with respect for all readers.
7. The editors of the Garbanzo Gazette reserve the right to refuse publication.

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at our new building, 907 N. Pope St. 5:30 pm.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those members who would like to speak. If ten minutes is insufficient, a special meeting may be called on another day. If a member wants more time, they can contact the president and ask to be added to the agenda. Please make this request at least one week before the meeting.

Jennifer Johnston/Vice-President

Board Term: 2018-2021
johnstonjenny40@gmail.com

Kristin Lundgren

Board Term: 2019-2020
klundgren2@gmail.com

Laurie Anderson/President

Board Term: 2017-2020
laurindaa713@gmail.com

Shanti Ceane/Secretary

Board Term: 2018-2021
shantifo@gmail.com

Julianna Flynn

Board Term: 2019-2022
juliannaflynn8@gmail.com

Scott Zager/Treasurer

Board Term: 2019-2022
sczager1959@gmail.com

Gwen Lacy

Board Term: 2019-2022
glacymail@gmail.com

Board of Directors



November

Members Only Specials October 30 - December 3

20% OFF! listed prices



Straus
European Style Yogurt
32 oz
reg \$5.69



Crown Prince
Baby Clams
3 oz
reg \$4.39



Napa Valley
Sesame Seed Oil
12.7 oz
reg \$6.49



Simply Organic
Vanilla Extract
4 oz
reg \$21.99



Acure
Lotions
Assorted, 8 oz
reg \$11.99



Hammons
Black Walnuts
reg \$12.79#



Simply Organic
Brown Gravy
1 oz
reg \$1.59



Berlin Bakery
Sourdough
Spelt Bread, 24 oz
reg \$5.49



Simply Organic
French Onion Dip
1.1 oz
reg \$1.59



Rembrandt
Extra Aged Gouda
5.6 oz
reg \$6.59



Mineral Fusion
Charcoal Gel
Cleanser, 7 oz
reg \$12.69



Himalaya
Boswellia
60 veg capsules
reg \$14.99



Co-op Deals
flyers
available
on our website

www.silvercityfoodcoop.coop
and at the front of the store

